

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

March 2011

## Quick Cheese Bread

## Cornmeal Muffins

## Ramen Noodle Salad

## Mexican Corn Chowder

## Hamburger Vegetable Soup

### Quick Cheese Bread

3¾ cups flour  
5 teaspoons baking powder  
½ teaspoon salt  
¼ cup margarine  
1½ cups skim or 1% milk  
2 eggs, slightly beaten  
2 cups shredded reduced fat cheddar cheese

1. Preheat oven to 375 degrees. Coat a 9x5-inch loaf pan with nonstick cooking spray.
2. In a mixing bowl, combine all dry ingredients.
3. Cut in margarine until mixture resembles coarse crumbs. Stir in cheese.
4. Combine milk and eggs. Add to cheese mixture and mix until just moistened.
5. Spoon into the loaf pan. Bake for 1 hour.
6. Remove from the pan immediately after baking.

Recipe adapted from the Teller County Public Health WIC Program.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 240 calories, 8 grams of fat, and 32 grams of carbohydrates.



### Shop Smart - Stretch Your Fruit & Veggie Dollar

When trying new fruits and vegetables, buy in small amounts. Taste test before you change your grocery list.

(From [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov))

### Cornmeal Muffins

1¼ cups flour  
¾ cup cornmeal  
¼ cup sugar  
2 teaspoons baking powder  
½ teaspoon salt  
1 cup skim or 1% milk  
¼ cup oil  
1 egg



1. Preheat oven to 400 degrees. Coat a muffin pan with nonstick cooking spray or use paper liners.
2. In a mixing bowl, combine flour, cornmeal, sugar, baking powder and salt.
3. Add milk, oil and egg to flour mixture. Stir until dry ingredients are mixed.
4. Fill muffin cups ¾ full.
5. Bake for 15-20 minutes.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 150 calories, 5 grams of fat, and 23 grams of carbohydrates.

### Breastfeeding:

#### Why breastfeed?

*“For the convenience and the health!”*

~ Jennifer, WIC Breastfeeding Mom from Bismarck



### Ramen Noodle Salad

1 package (3 ounces) ramen noodles  
1 package (16 ounces) coleslaw mix  
4 green onions, sliced  
¼ cup slivered almonds  
¼ cup oil  
2 tablespoons vinegar  
2 tablespoons sugar  
½ teaspoon onion powder  
¼ teaspoon pepper



1. Break up ramen noodles, setting aside the seasoning packet.
2. Put noodles, coleslaw mix, green onions and almonds in a large bowl. Stir to combine.
3. Mix oil, vinegar, sugar, onion powder, pepper and ramen noodle seasoning mix in a small bowl.
4. Add dressing to coleslaw mixture just before serving.

Recipe adapted from the Minnesota WIC Program.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 120 calories, 7 grams of fat, and 13 grams of carbohydrates.

## Mexican Corn Chowder

1 tablespoon oil  
8 ounces boneless, skinless chicken breasts, cut into cubes  
½ cup chopped onions  
1 garlic clove, crushed, or ¼ teaspoon garlic powder  
1 can (14.75 ounces) cream style corn  
½ of a 14.5 ounce can diced tomatoes  
½ of a 15-16 ounce can pinto or black beans, drained  
1 teaspoon chili powder  
¼ teaspoon cayenne pepper  
½ tablespoon cumin  
1 can (4 ounces) green chilies (do not drain)  
1 cup water  
1 can (12 ounces) evaporated skim milk  
½ cup skim or 1% milk  
1½ cups shredded Monterey Jack cheese

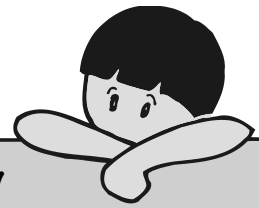
1. Heat cooking oil in a frying pan. Add chicken and chopped onions; cook until browned.
2. In a large soup kettle, combine chicken, onions, garlic, corn, tomatoes, beans, chili powder, cayenne pepper, cumin, green chilies and water.
3. Bring to a boil and cook 30 minutes, or place in a crock pot and cook on high for 3-4 hours.
4. Turn down heat and add both evaporated and skim or 1% milk. Stir on low heat until soup is hot. Do not boil.
5. Stir in cheese, then serve.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 190 calories, 8 grams of fat, and 18 grams of carbohydrates.

# Happy St. Patrick's Day



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
North Dakota Department of Health  
Division of Nutrition and Physical Activity  
600 E. Boulevard Ave., Dept. 301  
Bismarck, N.D. 58505-0200  
800.472.2286, option 1



## Turn Off the TV

Toss balls into laundry baskets or other large containers. Place some baskets closer to your child and put others further away to change how far the ball needs to be thrown. Have your child run, walk, slide or skip to collect the balls after they were thrown into the baskets for even more movement.

(From [www.headstartbodystart.org](http://www.headstartbodystart.org))

## Hamburger Vegetable Soup

1 pound lean ground beef  
1 cup chopped onion  
4 cups vegetables (see note below)  
2 cans (14.5 ounces each) diced tomatoes  
3 cups water  
2 teaspoons salt  
½ teaspoon dried basil or oregano  
½ teaspoon dried thyme  
1 bay leaf  
¼ cup instant brown rice



1. In a skillet, cook ground beef and onion until browned. Drain and rinse excess fat.
2. In a large soup kettle, combine ground beef with all of the ingredients except the rice.
3. Bring soup to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.
4. Add the brown rice and simmer for an additional 10 minutes.
5. Remove bay leaf before serving.

Note: Use four cups of any fresh, frozen or canned vegetables you have on hand. (If you use canned vegetables, be sure to drain them before putting them into the soup.)

**Nutrition Note:** This recipe makes 8 servings. Each serving has 160 calories, 6 grams of fat, and 15 grams of carbohydrates.

## GROWING HAPPY FAMILIES

**They take their lead from you.**

Make healthy choices and your kids will, too. Let your kids see you enjoying fruits, vegetables and whole grains at meals and snacks — at home and on the go.

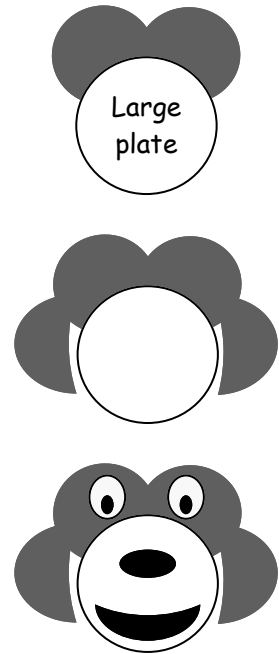


# Kid's Page - Kid's Page - Kid's Page

## Puppy Paper Bag Puppet

1 large paper plate  
Small brown lunch paper bag  
3 small paper plates  
Glue or tape  
Scissors

1. Attach a large paper plate to the top of a small brown paper bag.
2. Attach two small paper plates to the top of the large paper plate. Have your child draw eyes on the small paper plates.
3. Cut the other small paper plate in half for the ears. Attach one half plate to each eye.
4. Have your child draw a mouth and nose on the large plate.
5. Have your child place his hand in the puppet bag to make his puppy "bark."



## Sweet & Salty Cereal Snack Mix

1 box Life cereal  
1 box Quaker Oatmeal Squares or your favorite cereal  
1 jar dry roasted peanuts  
1 bag (6 ounces) raisins or 1 cup raisins  
1 bag mini pretzels  
For a variation, add: 2 cups chocolate chips



1. Put all ingredients in a large bowl. (Remember — peanuts and dried fruit are a choking hazard for young children.)
2. Stir gently to mix.

Recipe Source: Minnesota WIC Program

## Physical Activity Tip

If you have a dog, remember dogs need exercise, too. Take your dog for a walk or play with him in your yard. That way both you and your dog can be physically active together.

